

MAY 1960

MAGAZINE OF THE



NATIONAL SPASTICS SOCIETY

PRICE 6d

SPASTICS NEWS



NATIONAL SPASTICS SOCIETY CENTRES

NATIONAL RESIDENTIAL CENTRES

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Chairman of the Board of Governors:
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Secondary Modern and Grammar Education for Spastics of 11 years and over.
Accommodation: 60.

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Telephone: Holmrook 242.

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Chairman of the Management Committee:
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Assessment Centre for Spastic children between 5 and 13 years.

Accommodation: 27.

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Accommodation: 23.

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Headmistress:

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Chairman of the Management Committee:
Miss M. B. Jowett, M.B.E.

Primary Education for Spastics between 5 and 16 years.

Accommodation: 42.

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Tixover Grange, Duddington,
Nr. Stamford. Telephone: Duddington 212.

Headmaster:

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Chairman of the Management Committee:
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Accommodation: 57, 12 Day Pupils.

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Warden: F. W. Bowyer, Esq., M.A.

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LOCAL CENTRES AND CLINICS

In close co-operation with Local Authorities and/or Hospital Management Committees, the following Groups provide or assist special schools and/or treatment centres:

Hull	Portsmouth
Northampton	Reading
Nottingham	Southend-on-Sea
Pontefract	Swindon

Working independently, the following Groups have set up special schools or treatment centres:

Birkenhead	Leicester
Bolton	Plymouth
Cheltenham	Stockport

Operating entirely by voluntary contributions, the following Groups have treatment centres with or without nursery

classes. Some of these centres operate every day, others only part time:

Bedford	North Stafford (Stoke)
Bollington and Macclesfield	Oldham
Bridgwater	Oxford
Brighton	Poole and Bournemouth
Croydon	South West Middlesex
Epping Forest	South West Surrey
Gillingham	Swansea
Grimsby	Urmston
Ipswich	Wycombe and District
Luton	York
Maidstone	
North London	

The following Groups have, what might be termed, special occupation centres and,

in some cases, treatment is available together with speech therapy:

Cardiff	Ilford
Bristol	Scunthorpe
Crewe	Southampton
Dudley	Sale

What might be termed Welfare Departments, mainly designed to assist older Spastics, are operated by the following:

Bradford	Nottingham
Halifax	Widnes
N.W. London	

Work centres, varying in scope have been opened for adults by the following:

Bedford	Kingston-on-Thames
Croydon	N.W. Kent (Erith)
Central Middlesex	Stockport
Central Surrey	Swansea

A holiday home is run by Cumberland, Westmorland and Furness Group.

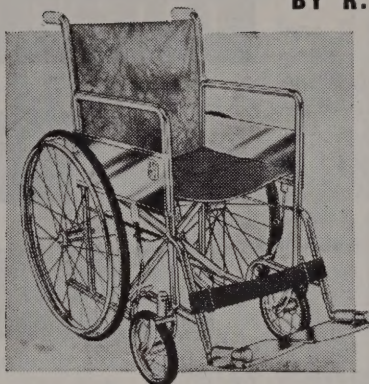
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Wheelchair Rentals are the latest thing!

BY R. MOWBRAY



Here is an item of really good news! Everest & Jennings Folding Wheelchairs can now be rented on a monthly basis. You will appreciate this facility because it means you can try out the model you decide on and really make sure it suits your individual needs exactly. Zimmer Orthopaedic Ltd. manufacture over 150 Standard Model Folding Wheelchairs — a range of unrivalled scope and one that covers every preference and requirement.

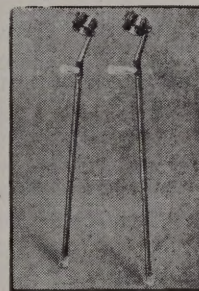
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Be well advised! The Zimmer Walking Stick is adjustable in 1" graduations. Fitted non-slip crutch tip and white non-stain cushion handgrip. Weight 11lb. Made for long, dependable service.

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Lightweight to Rehabilitate



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- ☐ Walking Stick
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- ☐ Lightweight Walking Aid
- ☐ Quadruped Walking Aid

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176 Brompton Road, London, S.W.3
KNightsbridge 1919/9672

Name.....

Address.....

(SN 33)

ON THE "FRONT"

MAN VERSUS FISH

The lake at Daresbury Hall, at this time of the year, is more than just decorative. The fishing rights are eagerly exploited by young and old. What more tranquil pastime can there be than watching that little float on the water's surface bob up and down, and waiting for the final victory over the most silent victim of them all.

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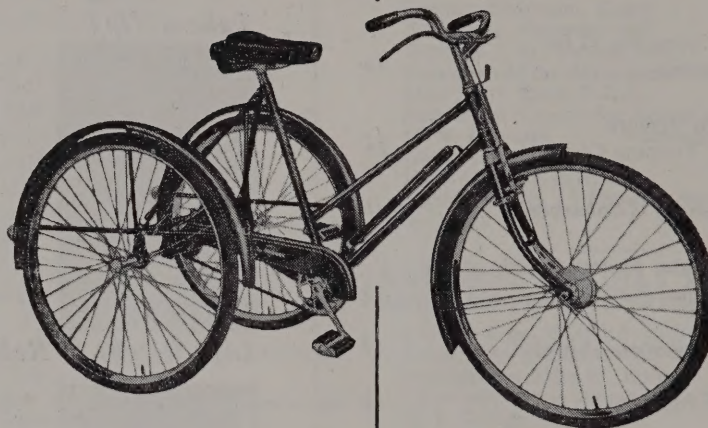
SPASTICS



ADULT MODEL




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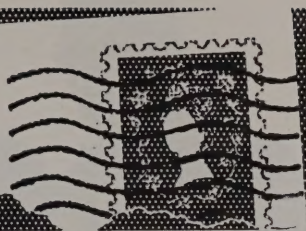
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from the Mailbag



"CO-OP DIVI"

Dear Editor,

About two years ago we applied to the Colchester Co-operative Society and were allotted a number—No. 9. It was aimed at those people who occasionally buy things in the Society's shops but are not themselves members. The first year's result was very small. I then saw the Co-operative publicity chief and he agreed that if we had small cards (say 7in. by 5in.) printed, he would see that they were distributed to all the Colchester Co-operative shops. Our card says simply "Dividend No. 9 for Spastics". During the financial year just ended, we have received cheques amounting to £900 and there is about £45 undrawn, making nearly £1,000 in all.

The staffs have undoubtedly been very good in reminding customers of No. 9 and there is no doubt that some members of the Co-operative have put down their own dividends to us. Other groups may like to note.

Yours sincerely, (Mr.) W. L. HARRISON,
Hon. Secretary,
Colchester & District Group.

(Readers may like to know that another local group is benefiting from a similar scheme. Darlington Co-operative Society has allotted the dividend No. 533 to the Darlington & District Spastics Society. It is hoped that many people in Darlington will remember that number when they go shopping. What a fine gesture it would be if "Co-ops" in each town would take up this idea.—Ed.)

THE GOOD LADIES

Dear Editor,

I should like to give some public acknowledgement to the excellent help given to spastics by the ladies' darts league, Stockton-on-Tees.

The league, which was inaugurated in 1956, has created a record in money raising for any darts league in the whole country. On June 2 the Society will receive the magnificent sum of £800, bringing the total raised to approx. £1,800 in just four years!

Mrs. P. Richardson, of the Green Hotel, and the pioneer, has never lost interest in the cause. Raffles, mirror collections, etc. in her hotel and appeals to local tradesmen have had grand results. Although a ladies' league, there are two men helping; the chairman, Mr. T. Quigley, and the secretary, Mr. G. Brace. The chairman, who is a first-class organiser, has made it the league above all leagues. However, the entire team spirit is wonderful and at the annual presentation some 700-800 people attend. The kindness and generosity shown by the people of this town seems to be far and away above the normal and everyone is deeply grateful for their help.

With all good wishes,
(Mr.) W. DIXON,
South Shields, Co. Durham.

SHUT-IN'S DAY

Dear Editor,

Sunday, June 5, is "Shut-In's Day"—a special day set aside to remember the sick, the aged, and the lonely, the spastic and disabled children, in their homes, hospitals, and schools. Those who, owing to age, disability, or infirmity are unable to take part in the social life of the community.

On this day, I appeal to those who are able, to try in some way to give joy to these persons or children. A few flowers or books, a letter or a card, a visit or some special treat for the children, would be so very much appreciated.

Yours sincerely, (Miss) E. HARLEY,
Grove Bridge,
Sellinge, Nr. Ashford.

SUNDAY FOOTBALL

Dear Editor,

What does the church do to help spastics?

I have a spastic son aged 27 years, and an invalid husband. When we moved to this parish I used to attend church, but found that the Vicar used to pass my door without saying "Good Morning", and did not even wish us a "Happy Christmas".

I thank God that the N.S.S. has opened up Homes and Schools for spastics, and I thank the wardens, matrons and houseparents for the improvement that my son has gained through their efforts. When the church does its job, for both rich and poor, then let them speak out. Until then, good luck to the Stars—you are doing a wonderful job, and doing it voluntarily.

Yours sincerely, (Mrs.) L. BEESLEY,
London, S.W.6.

*Yours ...
for a better letter*

Harley Bond

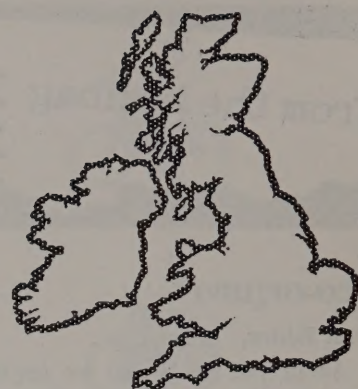
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NDH 1565

PADS FROM 10d
ENVELOPES FROM 6d

COUNTRY WIDE *From our roving reporter*



Courtesy: Newcastle Chronicle & Journal

Weddings are certainly in the air this season and the pretty bride, laughing in the sunshine with her husband and young attendants, thinks they're a great idea. The wedding cake was made by pupils in the home craft section of the Percy Hedley School, as the bride, Miss Jennifer Caldwell, is the eldest daughter of their headmistress, Mrs. E. M. Caldwell. For her marriage to Mr. John Scott at St. Peter's Church, Bywell, like the other famous bride, she favoured an unadorned classic dress, but made it herself in white satin. Miss Jennifer Caldwell is a landscape architect and works as a planning assistant in the Northumberland County Council.

Dancing Display

Readers living in the North-West will be interested to hear of a forthcoming display of "Dances From Many Lands". In aid of the Cumberland, Westmorland and Furness Spastics Society, it is to be held at the Derwent School Hall, Cockermouth on June 3, at 7.30 p.m. Mrs. Gordon Dickson is the organiser and many of her pupils will be taking part, together with St. Andrews' Scotch Dancers, Workington;

members of the ladies Keep Fit Class; and Cockermouth Brownies. Lady Alethea Eliot will be presenting certificates and medals won by pupils during the year. Tickets can be obtained from Mrs. Gordon Dickson, 4 Market Place, Cockermouth, Cumberland.

"Every Eight Hours"

The second film in the N.S.S. ten year campaign is now completed. Entitled "Every Eight Hours" it shows how a voluntary social service, starting from nothing, not only opened the door to freedom for spastics, but in seven short years has made Britain lead the world in this field. This film brings home to the audience the fact that every eight hours a spastic child is born in Britain. The première was shown at the House of Commons to Members of Parliament. Mr. Bernard Braine, Conservative M.P. for S.E. Essex, told the audience, "This film is a gigantic progress report to the nation. It is right that Parliament should have the première."

Members and guests of the S.O.S. were shown "Every Eight Hours" on the occasion of a general meeting at Vera Lynn's house, on May 8.

More Dormobiles

Last month two local groups and a national school benefited from the generosity of their local friends.

Wilfred Pickles' School and the Walthamstow and District Society each received a Bedford Dormobile minibus; the former from the Peterborough and District Group, the latter from the Walthamstow Round Tables. In keeping with the school colours, the Wilfred Pickles' bus is painted grey and blue, while Walthamstow favours a shining red.

Sale, Altrincham and District Society were presented with an ambulance by the managing director of Mecca Ltd. Social events organised at the Embassy Rooms had raised £715 to pay for the gift.

Irish Variety Show

Ireland is not lagging behind in its charitable work. A week's variety show, organised by the Belfast Combined Charities Committee, featured many well-known personalities, among whom were Bob Monkhouse, Denis Goodwin, Jill Day and David Berglass. The gala opening night was held in the presence of the Prime Minister and Lady Brookeborough, and the Lord Mayor and Lady Mayoress.

Among the people who will benefit are orphans and spastic children.



Courtesy: Chester Chronicle

No controversy here! This football, bearing the signatures of members of the Liverpool and Everton teams, was auctioned in aid of the Buckley Friends of Spastics League and the British Empire Cancer Campaign. Alderman T. E. D. Hibbert, who bought the ball from Liverpool player, Billy Liddell, handed it over to Mr. J. Lewis, chairman of the local branch of the B.E.C.C.

More Football

Members of the TV All Stars XI attended a football match played at the Millwall F.C. ground on April 26. The London Business Houses won by five goals to four against Millwall Colts XI and became the first winners of a new trophy; a silver cup paid for by dockers of Tooley Street Upper Pool Distress Fund. This cup will be put up for annual competition in a charity football match in aid of the N.S.S. Basil Curtis, P.R.O. to the N.S.S., kicked-off. He reported that over £50 had been raised for spastics.

Hythe Venetian Fête

Turn back the pages of history to the reign of James I and you will read that it was a very unhappy time for many people whose only desire was to worship God according to their conscience. The King tried to impress the people that they must obey him and worship God only in the manner he himself prescribed. Rather than live under such a tyrant, many brave Englishmen decided to face the dangers of the unknown and emigrate with their families, to Virginia, the British Colony which had been founded by Sir Walter Raleigh in 1584. On August 5, in the year 1620, 102 determined people boarded two wooden sailing ships, *The Mayflower* and *The Speedwell*, for America. They became known as The Pilgrim Fathers, but a third of them were children.

Now in the same month, 340 years later, the members of the recently reorganised Folkestone and District Branch of the N.S.S. are exploring the possibilities of making a small-sized model of the *Mayflower* as an idea for an entry in the Hythe Venetian Fête, to be held on the Royal Military Canal, Hythe, Kent, on Wednesday, August 17, 1960. This event is known to many people but, for the unacquainted, this water carnival is held bi-annually and attracts many thousands of visitors. With the advent of television it is now seen by hundreds of thousands at home.

The Folkestone and District Committee hope to create as much interest as possible amongst the younger spastics; to let them follow the project and take sufficient interest in order that later, when they see it on their TV screens, they might say, "Look, there's *our* boat".

There are various classes and a First Prize of £20, plus cups and other items, are awarded in each class. Every entry is assured of £5. The entry must be within the following
(Please turn over)

Courtesy: Evening Times

Blow, man, blow!—and the 3rd U.S. Air Force Band must have had very little breath left at the end of the week of the "Stars for Spastics Show". The show, held at the Glasgow Alhambra last month, in aid of spastics, is rapidly becoming the most important annual charity event of the year, in Scotland. Many famous personalities gave their services free for the entire week and the U.S. Band was specially flown over from America. Scottish press really went to town and the publicity which they gave, kept the seats fully booked.



limits: 20 feet long, 10 feet wide, and 12 feet high, and be constructed to fit on a pontoon, which will be towed. Any ideas or suggestions regarding design, materials, or dress, will be most welcome. If you can help, please write to the Secretary, Mrs. P. Skinner, 3 Julian Road, Folkestone, Kent.

Music Therapy

An article on "Music Therapy and the Mental Health of the Handicapped Child", appears on page 16 of this issue. It is written by Miss Juliette Alvin, the Hon. Secretary of the Society for Music Therapy and Remedial Music.

Readers who are interested in music therapy, will be pleased to know that a comprehensive article by Miss Alvin, is being published in the August issue of the "Cerebral Palsy Bulletin."

There are in fact three music therapy societies in this country:

The Council for Music in Hospitals, at 5/6 Raymond Buildings, Gray's Inn, W.C.1, which organises concerts at mental and other hospitals.

The Association for Music Therapy in Hospitals, at 50 Belgrave Road, S.W.1, is the youngest of the three, and it tries to encourage the introduction of music therapy sessions into more mental hospitals and also runs a training scheme for music therapists.

But by far the most active, is the Society for Music Therapy and Remedial Music, at 6 Westbourne Park Road, W.2, which has a wide scope, covering the physical and mental disabilities of children and adults in schools, homes and hospitals, putting special emphasis on work with children. Its members are mostly active music therapists.

Perivale Youth Club

Often do we read of spastics being entertained, but the members of the Perivale club have reversed this position. One Saturday evening last month they held their second social evening, inviting their parents and friends to come along and join in the fun. Music was provided by "The Traveller's Rock and Roll Band", and the less handicapped were soon on the floor doing the Rock 'n Roll. The evening's programme, which had been entirely organised by the club's own committee, included singing and piano solos, as well as party games. In fact, the end came too soon to an enjoyable evening.

The club meets every first Saturday of the month, 6.30 to 9.30 p.m., at the Perivale Community Centre. They aim to be entirely independent from any group and although most members belong to the Central Middlesex group they are hoping more members from the South West Middlesex and North West London groups will join them. Transport is one of their main problems, but the Central Middlesex provide one of their omnicoaches for club night and Mr. Farnborough, Assistant Supervisor at the Middlesex Works Centre, kindly gives his services transporting them to and from the club.

S.O.S. and Spastics Overseas

In a letter to the president (Lady Westmorland) of the S.O.S., Sir Donald Wolfitt, C.B.E., who has just returned from a tour with Lady Wolfitt, writes:—

"... It may interest you to know that whilst we were in New Zealand we paid several visits to the spastic home which has been founded just outside the town of Waipukurau on North Island. The site was originally laid out for a home for tubercular patients, but as they have almost conquered T.B. in New Zealand it has been taken over

by the Spastics and is the most beautiful situation imaginable. They have some 40 patients and are getting very considerable help from industry, the patients being allowed to make very simple implements. We paid at least three visits and found it magnificently staffed, and the Head, by name of Blackwood, is himself a most remarkable case of recovery (from C.P.). . . . They were very thrilled to hear of Colwall Court and of the magnificent work that is being done in Great Britain and I promised I would pass on their good wishes to all spastic organisations here."

Spring Holidays

Holiday time has begun for many of our young people.

Over the Easter holidays, 11 children from Craig-y-Parc had their first trip abroad. Accompanied by nine adults—staff and parents—they spent a week at Blankenberghe, a resort on the Belgian coast, and visited Bruges and Brussels. This experiment was so successful that it is hoped to plan further trips. Students gave the sum of £120, out of the funds raised by the Cardiff Rag, towards the expenses and pocket money for the children. Returning to school from their holidays was not such an anticlimax, for the pupils had the 5th birthday party of Craig-y-Parc to look forward to, on May 11. The entire school celebrated with a party and, of course, a birthday cake. We won't ask who blew out the candles!

Prested Hall arranged a short tour of The Hague and Amsterdam for a party of seven. They stayed at youth hostels and spent most of their time sightseeing.

A group from Wilfred Pickles' School were more conventional. They knew that there is no place like Paris in the spring so, under the guidance of their Head, Mr. R. A. Pedder, they spent a glorious week soaking in the atmosphere of this historic city.

In Jersey, too, a warm welcome awaited a group of eight spastics, each with a relative. They had arrived for a free fortnight's holiday, which is an annual gift from members of the Jersey branch of the N.S.S. The holiday-makers lived in the homes of members who also provided all the entertainments and island excursions, out of their own pockets. Air fares from the mainland were the gift of the local group, to which each member belongs. This is the fourth successive year that this wonderful holiday gesture has been made by the people of Jersey. Would it not be grand if this idea could spread to other resorts in Gt. Britain, and perhaps the Continent too!

Circus Pool

After Mr. Pastry returned from America, where he had made his 17th appearance with the Ed. Sullivan Show in American TV in New York, he spent two weeks with Chipperfield's Circus in Sheffield. Mr. Pastry hopes to raise £4,000 for a pool in Yorkshire. When completed, it will be known as the Circus Pool.

Classified Ad.

Accommodation urgently required Thanet or Birchington area. Unfurnished ground floor flat required by spastic lady and her sister, who cares for her. These two ladies have to leave present accommodation very shortly under an eviction order.

Please write direct to the Senior Social Worker, N.S.S., 105 Oxford Street, W.1.

ASSESSMENT COURSE VI

at Irton Hall School, Cumberland

WHAT with all the noise and fuss evolving round the Aldermaston March and its "summit" in Paris, one just can't help being swayed by the so-called new interest in the field of atoms and energies. And it seems as if this new movement has even reached the VIth Assessment Course and its participants, as their visit to the Calder Hall Atomic Power Station was one of the main features of their programme, and a precedent. They were the first spastic group ever to visit an atomic plant.

In addition to the visit to Calder Hall, visits were paid to other factories, where the students learnt how berets are made, how oats are rolled and packed for porridge and how plastic bags are produced, as well as hearing about the splitting of atoms. The students also visited the local approved school and a craft-shop. These visits created a good deal of interest and provided a good basis for discussions which were led by the students themselves.

The programme for this course, which was held at Irton Hall in Cumberland, was specially arranged to help the 23 young people, who came from the North of England and Scotland, to gain a wider picture of the world around them and to appreciate the part that they can play in adult life.

After an early breakfast—a new experience for some!—the day's work began with group discussions, often with illustrations by members of the staff on how *not* to do it, on subjects varying from Standards of Behaviour to Applying for a Job. Then came coffee, served by the students, and afterwards a talk, or practical work.

After the factory visits there were fascinating talks and demonstrations on photography and stamp-collecting and films about travel and industry were shown, in order to give the young people new ideas.

But, after 8.00 p.m. came the lighter side and the laughs were loud and long! Concerts—with "on the spot" talent—rock 'n roll, panel and party games and community singing.

The staff were quite ready for bed after supper, served and cleared away by the students, but not all the students felt the same and some were ready to talk until the small hours!

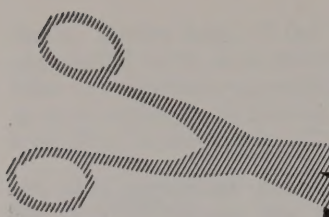
The weather was most kind and everyone was able to enjoy the beautiful Lakeland scenery—even doing some of the practical work out of doors. The sports on Easter Saturday were run—or wheeled—with great energy by both staff and students, and the treasure hunt trails, with clues cunningly hidden in the grounds, were finally discovered.

But these courses are not merely fun and games, and we hope that all our students gain as much from the experience as members of the staff do. The staff of the Employment Department have the opportunity of getting to know the students better and being able to advise on their futures, and the young people themselves are given new ideas about the type of work they may be able to do. The opportunity to meet other young people like themselves means a great deal to those who lead lonely and isolated lives, and many firm friendships are made during our courses.

The only worry on this course was the Employment Officer's car, which kept breaking down, to the great amusement of everyone except Miss Morgan!



Einstein's new fans! Students and staff on the VI Assessment Course—in the background Calder Hall Atomic Power Station



all, this could lack of acceptance capped after the age of this Professor Moore, part in the sun. A working committee was appointed, after which professional to elect representatives to the place in the third week in March. There will be a further meeting delegate from each country which will then have been collected.

NEWS IN BRIEF

Luton: About 2,000 workers at a Luton factory have taken a penny-a-week wage cut to help local charities. Already three charities, including Luton Spastics Society, have been given £25 each.

Liverpool: During the past year, members of Widnes Spastic Fellowship Committee have been collecting thousands of foil milk bottle tops and silver paper. Their aim—to help clear the £1,200 debt of their new headquarters in the town centre. So far, more than five large sackfuls of silver paper have been collected, and now they are only £50 short of their target.

Each time the Cunarder, *Britannic*, arrives in New York, her crew's soccer team nips off to tackle the nearby Mount Kisko F.C. in a challenge match for a charity trophy given by a brewing firm. The *Britannic* team's skipper, Peter Williams, said, "We split the gate receipts evenly between their club and ours, and give the money entirely to local charities. This time I have got another 100 dollars (about £35) for the Liverpool Spastic Fellowship. In the future we are going to spread out a bit and put up a challenge to any New York team to meet us in charity matches.

Stafford: Pear Tree Modern Minstrels gave a show at Hagley Park School, Rugeley, on May 11, in aid of Cannock Chase Spastics Association.

Dudley: Help is urgently needed by Dudley and District Spastics Group on Tuesdays between 8 p.m. and 8.30 p.m. in connection with the tombola, which is run for the benefit of spastics. Anyone interested in helping this cause should go along to the centre at Brewery Fields, Dudley.

Kirkby: Kirkby Spastics Fellowship's aim to establish a home and educational centre is a long way from being realised, but during the last 12 months nearly £1,000 has been raised. Another £50 was given to them recently, by the Dovecot Social Club Members, at an old-time dance.

Goole: At the recent annual meeting of Goole and District Spastics Association, the president, Mrs. E. F. Smaje, said that efforts had been concentrated on the social and recreational centre, which provided an opportunity for spastics to do something useful and to help themselves. As a result of this, a successful sale of work had been held, many of the articles having been made by members themselves. Mrs. Smaje appealed to spastics and their parents to contact the Association and avail themselves of the facilities, which included a swimming club. This year a balance was in hand of £598 and the Association was fortunate in having the regular financial support of many of the town's organisations. More equipment, including a sewing and a knitting machine, was to be provided for use at the centre.

Oban, Argyllshire: Thanks to the enterprise of a group of young people, who sponsored a first-class variety show at the Parish Church Hall, Oban Spastics and Handicapped Persons Club benefited by close on £48.

Ipswich: The Ipswich Education Committee have been authorised to negotiate with the Ipswich branch of the N.S.S. regarding an offer by the branch to finance the cost of erecting and equipping a spastic unit at Whitton Special School, up to a maximum of £7,000.

Penrith: At the annual meeting of the Penrith branch of the Cumberland and Westmorland Spastics Society, the chairman, Mr. Molyneux, said he could not understand the apparent lack of local interest in the welfare of spastics. They had only two subscribers after starting with 40 or 50. However, in spite of this fact, a record total of £200 had been sent to the N.S.S. last year by the Penrith branch.

Lincoln: An appeal for more families to come forward and join the Lincoln branch of the N.S.S. was made by the secretary, Mr. G. Taylor, at the branch's annual meeting, held at the Physically Handicapped Centre at Lincoln. "There is only a nominal subscription for branch membership, and if a family cannot pay that, we pay it for them."

Newcastle-on-Tyne: Beauty competitions are just one of the many ways to raise money, and the Percy Hedley School is going to benefit from a recent competition, which took place at Longbenton British Legion and Ex-Servicemen's Club, Forest Hall. The competition to elect "Miss Forest Hall" was held during a dance interval.

Barnet: Many stay-at-home Easter holidaymakers enjoyed "Celebrity Night"; more than two hours of entertainment presented in the restaurant of the Middlesex Arms, South Mimms, which raised £51 for the N.S.S. Admission was free, but competitions helped to bring in the money. Lucky winners were presented with their prizes by The Windmill Girls.

Thanet: The second anniversary and get-together of the Thanet Group of the N.S.S., was held recently at the Normandy Café, Broadstairs. Mr. Marsh, the treasurer, reported that there was a balance in the bank of £245, mainly due to the successful bazaar and whist drives held, and to donations and collecting boxes. Mr. Simon Langley, Southern Regional Officer, gave a talk on the work of the Society.

Blackburn: For some years, members of Blackburn and District Spastics Group have been helping similar groups in other towns. They have raised substantial sums for both the residential hall at Birtenshaw, near Bolton, and Daresbury Hall, but now they are going ahead with plans to establish a centre of their own in Blackburn. A number of sites have been offered, but they are hoping to find one near the town centre. Provisional plans have been drawn up for a centre at which qualified staff will give instruction in such subjects as speech therapy, physiotherapy and actual training for some occupation. The group have about £2,000 in hand and cost for the school will be between £5,000 and £6,000 initially. Mr. F. Savory, the honorary secretary, said "We feel sure that once we have got the money, and the centre established,

and people are able to see the wonderful work done for our spastics, we shall get increasing support. For this reason we have made provision for extensions on the plans."

Stockport: Coffee, Caribbean style, was enjoyed by over 250 people recently. Coffee with a dash of rum was served, by young ladies in bandana hats and raffia skirts, at West Towers Country Club, Marples, recently. That enterprising society, Stockport, East Cheshire and High Peak, had scored again and £50 was realised for their funds.

Northampton: A "very special effort" by members of the eight clubs in the Airgun League of Northampton Working Men's Clubs, has, over the past three years, raised over £300 for the Northampton and County branch of the N.S.S. This sum will go towards the £6,000 required for extensions to the John Greenwood Spastics' Home at Dallington, Northampton. "Members of the league must have a 'background thought' for those who could not indulge in sport, while they were enjoying themselves at their own particular sport," said Cllr. Tompkins, chairman of the branch, at the recent annual dinner of the Airgun League.

Swansea: Last year, after both the rugby and soccer teams of Llanelli had finished their programmes, they got together at Stradey Park and played a mixture of rugby and soccer with a rugby ball, for the benefit of the Swansea Spastics Association. The match proved a great success and raised over £200 for a worthy cause. It was unanimously decided then that this game become an annual affair. This year the game will be staged at Stebonheath.

Leytonstone: A society anxious to hear from parents of spastic children or from those who might know of someone in the district who is handicapped, is the Epping Forest and District Spastics Society. Anyone wishing for help should either call at the clinic in the Congregational Church Hall, Palmerston Road, Buckhurst Hill, or 'phone the secretary, Mrs. V. Ross, BUChurst 4278.

Manchester: The famous piano duet-tists, Rawicz and Landauer, topped the bill at a musical concert in aid of the Manchester and District Spastics Society. They delighted the audience with scintillating performances of popular music, ranging from Strauss to Gershwin. Able support was given in the programme by the Manchester St. Cecilia Choir.

Sunderland: Although occupational therapy classes are only held once a week, members of the Sunderland and District Spastics Society who attend, were able to hold a sale of the articles they had made. Money from the sale went towards funds for a new centre to be built on land adjoining the General Hospital, and when the Society moves into the new centre, it expects even more successful therapy classes. Although there are only nine regular attenders at the Regent Terrace temporary centre, where activities include rug-making, basket work, embroidery and other handicrafts, it is hoped that more people will be able to attend.

Cheltenham: The leading lady in the Playhouse, Cheltenham, production of "Lady Frederick", recently presented a cheque of over £139 to the president of the Cheltenham Spastics Association. The money was raised by the "Lady Frederick" production.

Colchester: Over a thousand visitors went to Prested Hall during the Centre's Daffodil Week, and a sum of £65 was raised.

Chesterfield: Chesterfield's Day Centre for spastics will open this year, it is announced in the annual report by the chairman of Chesterfield and District Spastics Society, Mr. M. H. Boone. He said that so far as was known, there were 74 spastics in Chesterfield, 45 of them children, and they had all been assessed by medical advisers as likely to benefit from treatment at the centre. He expressed gratitude to the late Mr. Theo Pearson, former owner of Pine Bank, once a nursing home, in Abercombe Street, for reducing the purchase price as the building was to be used for the benefit of spastics. The new centre will be known as Pine Bank Spastics' Day Centre.

Croydon: The Croydon branch of the N.S.S. is to widen its field of operations to embrace Sutton and Cheam. The Mayor of Sutton and Cheam, Cllr. F. W. Thompson, said, at a recent meeting, how pleased he was that Croydon branch had decided to spread its wings. He welcomed the added facilities the branch will give to the work of the Surrey County Council. It was a society like that, which worked side by side with official circles that achieved things. Miss J. Garwood, an official of the branch, said "If we can get as much help from Sutton people as we do in Croydon, we shall be well on the way to doing something really worthwhile."

THERE ARE NO
CRISPS
TO EQUAL
SMITH'S
FOR QUALITY AND FLAVOUR

PROJECTS 1959-60

New Extensions to Schools and Centres



The Grange, Kelvedon

This small home for 13 spastics situated in the village High Street, is proving to be a most successful experiment. The residents can go shopping, to the local cafe and to the barbers, and are gradually becoming part of the village community. An occupational therapy/workroom has been built in the garden with cloakroom and laundry room attached; these are joined to the main house by a most attractive covered way, so that the residents can move to their day activities in any kind of weather.

View of the Grange showing the new covered way

Craig-y-Parc School

The classroom extension built three years ago has proved to be of such value that it was decided to make further provision for the only classroom still remaining in the house. A large garage has been converted to make the very pleasant classroom shown in the photograph. Now, all the children have the advantage of going out to school each day and then, returning "home" for their social and leisure time activities.



Sunlight picks out the lovely Blue Pennant stone of the converted garage



New workshop with the main house in the background

Sherrards Training Centre

A large scale extension has been planned, which includes doubling the size of the workshop facilities and providing a second hostel for 30 more trainees. The work completed so far has been the erection of the new workshop, which is shown in the photograph, new garages and stores.

Wilfred Pickles' School

This school now has a fine hall where all the pupils and staff can assemble for morning prayers, dramatics and various school functions. In addition, two classrooms have been provided for domestic science and woodwork—both specially equipped with apparatus that handicapped children can use, both when standing and in wheelchairs.

Two more classrooms have been built for the training of partially deaf spastic children. Incorporated in the construction are ceilings lined with acoustic board and the upper part of the walls lined with acoustic tiles, the floors are of cork tiles. The loop line for high frequency transmission is laid underneath the base of the floor and electric points are placed in convenient positions near the blackboard and teacher's desk. As the school is situated in a quiet country area it has not been necessary to soundproof (as distinct from the acoustic treatment), or to have double windows or the doors specially treated. Dr. Fisch has acted as adviser in respect of this new unit, which is to be opened by Sir Alexander Ewing on July 8. Mr. Wilfred Pickles is to present the prizes at the ceremony and the Bishop of Peterborough will bless the building.

Hawkesworth Hall

Staff Accommodation and Playroom

This building, which is older than the Hall itself, dates back to probably somewhere in the sixteenth century, and before this recent conversion, was used for farm purposes on the ground floor, and coach rooms and flat on the first floor.

Being in a state of decay, it was virtually condemned by the Local Authority for living accommodation, the old windows being too small, and with no adequate damp proofing, and the old stone roof was almost ready to collapse.

It has now been planned with five staff bedrooms, bathroom, kitchen and toilets on the first floor, entrance hall, large bed-sitting room for visiting parents, cloakroom, garage and children's playroom on the ground floor. All the bedrooms, lounge and playroom face south, with a very fine open view over the valley, towards Bradford. Large picture-frame windows have been made use of so that all the rooms can enjoy maximum sunlight.

The old character of the building has been retained, by using secondhand stone and carefully bonding and notching in with the rustic and uneven nature of that existing. The old stone slate roof and timbers had to be removed, and have been replaced with a lighter roof, using hardrow rustic tiles. The ground floors have been levelled up, concreted, asphalted, and covered with lino and cork tiles. The first floors are those as existing and have been covered in lino tiles.

Central heating is by oil-fired thermostatically-controlled plant, providing heat to all rooms, hot water throughout the building, and the roof has been insulated to guard against loss of heat.

A modern type kitchen has been installed, with stainless steel sink, small electric cooker and individual cupboard units for all the occupants.

The decoration scheme has been selected in light cheerful colours, with no two rooms alike, and as none of the bedrooms are similar in plan, individual character has been retained throughout.

The playroom and children's toilets are completely separated from the remainder of the building. A sandpit has been incorporated and one wall has been treated as a blackboard up to three feet in height. Acoustic tiles have been used to eliminate unnecessary noise in the staff block. Recessed ceiling lighting fittings avoid the possible danger of such being damaged when children are at play. The colour scheme is again of a light and cheerful nature.

Building operations commenced in early August last year, and were completed by the end of February this year.

ILLINGWORTH SON & GRISDALE,
Chartered Architects,
15 Sunbridge Road,
Bradford, 1.

Thomas Delarue School

This school has long felt the need to extend its facilities in more suitable accommodation as many of the students study the more practical subjects. The classroom wing, which is situated in very beautiful surroundings provides six large sunny rooms for woodwork and metal work, domestic science, arts and handicrafts, a science laboratory, occupational therapy and a much-needed library. These rooms are dual purpose and will be used for teaching other subjects when required. Adjacent to this new wing is a fine new assembly hall, with a stage and dressing rooms. The corridors are spacious and ramps have been provided to enable wheelchairs to negotiate the new buildings with ease.

Thomas Delarue new extension



Coombe Farm

Work has been undertaken during the past year to improve the staff accommodation at this centre; old stable buildings have been converted to form attractive bedsitting rooms, in order that more resident staff can be employed. Building is already going ahead on a large scale scheme to provide more adequate facilities for physio, speech, and occupational therapy. A new dining room and a large common room/assembly hall is being built to allow the residents to have sufficient accommodation to meet together frequently and to entertain their friends on social occasions.

TRAINING COURSE No. II FOR HOUSEPARENTS

AS the title reveals, it was the second course for houseparents, but not in the least secondary. Naturally the organisers attempted to further the training acquired in the preceding course and add new flavour to its running. The course is meant for houseparents, in the N.S.S. national centres, whose task is to care for the spastic in a residential home, away from his family. Doing so, he duly earns the position of a "parent". The realisation of the houseparent's importance and the role he plays, has been the basis of a series of courses.

These courses have been planned to enable houseparents to learn more about the problems of a spastic and the methods of tackling them. It provides the student with scientific and medical knowledge and offers guidance on sources of further information. There is plenty of scope for an exchange of ideas and opinions which, no doubt, promotes confidence in one's own abilities.

The course took place at the Thomas Delarue School in Tonbridge and members freely enjoyed the quiet walks and relaxing scenery that the school affords, throughout the week

of April 17-23. The air of co-operation and general understanding must have stimulated even the most reserved member of the course.

Irton Hall, Wilfred Pickles' School and Hawkesworth Hall each sent a party of houseparents, the majority of whom were "mothers". The host school was also well represented.

Lectures were given on the following subjects: Habilitation of the sub-normal child: Development in the normal child: Social Acceptability: Out of school activities: Play Therapy: Common Ailments and First Aid. Daily tutorials were held and films shown, and a visit to nearby Coombe Farm was arranged.

It was unanimously agreed that the course had excellent results and crystallised the participants' views on the subject of spastics.

It was a good thing that the places for the third course were not announced there and then, as undoubtedly they would have been booked on the spot.

NEW VENTURE

Parents' Training Course

A TRAINING COURSE for parents has been planned and the first trial run has been made. The aim is to help parents of spastic children in learning the correct ways of handling their child, to make family adjustments easily, and to gain, in the process, as normal a life as possible.

The venue for the first parents' training course was the splendid Craig-y-Parc school, near Cardiff. Situated in several acres of well-kept gardens, partly terraced and ornamental, Craig-y-Parc was built in an eminently favourable position, on a hill overlooking the quiet Vale of Glamorgan. The architect, who had designed the house for a coal mining tycoon and his wife, in 1912, had been given a free hand, and Craig-y-Parc really does seem to be more suited for use as a residential school than a private house. In fact, it is just the kind of boarding school around which children can weave their fantasies. Oak panelling, constructed from trees on the estate, line the spacious reception rooms, main entrance, and stairway. Mullioned windows add friendliness and warm charm to this dignified building, with its long passages and unexpected corners, and even the bathrooms are a delight to enter—no hospital sterility here, but coloured mosaic and gay curtains.

Amidst such surroundings as these, six young mothers, each with their spastic child, gathered together for a week, from April 25-30, to become the pioneers of a new method whereby they might understand and contend with their problems of day to day living. Although their husbands were invited, only one could manage the whole course, but other husbands, grandparents, aunts, and uncles visited during the week.

Supervising with her extreme capability was the headmistress of Craig-y-Parc, Mrs. C. M. Kearslake. It is she who sets the tone and atmosphere in the school, and he who enters, feels her lively and stimulating presence.

Miss E. F. Townsend, the N.S.S. Senior Social Worker, aided by her two assistants, had previously investigated the background of each family, so that they

might be fully conversant with all the home difficulties. On this basis they were able, during the entire course, to give their specialised attention to the parents.

After settling in on the first day, appropriately a Sunday, and probably one of the first days of rest that the parents had had for a long time, the whole of the following day was spent in thorough examinations of the children by the school consultant, Dr. K. Lloyd, M.R.C.P., and the educational psychologist, Mrs. B. Jones. Later in the week, audiometer tests were carried out at Cardiff E.N.T. Hospital, and the children had sight tests.

The parents were made familiar with the basic elements of simple treatment, therapeutic apparatus, and exercises, by demonstrations and discussions with the speech and physiotherapists, and school teachers, who work at Craig-y-Parc.

Talks and films were a main feature of the course and one morning a visit was arranged to Cardiff Welfare Officers' Department. On the last full day the parents were able to see a medical filming of their children and hear tape recordings.

To be able to discuss freely all their individual problems with experts, to leave their children asleep at night in the capable care of a night nurse, and to be given such a well-planned course of lectures and films was a great source of support and encouragement to the parents. The unaccustomed freedom enjoyed by the hard-working mothers was further enhanced by their calm environment. Many brought their knitting and their needles clicked, as, very relaxed, they sat listening carefully to all the talks. As one parent said, "It's lovely not having to prepare the dinner, and no washing-up to do either!"

The course had been entirely practical and geared to actual personal home situations.

The success of this course has caused some envy among the local people and enthusiasm to join one is high. It is hoped to give news of the next course in the near future.

One last word from one of the mothers, "My husband can't understand it, my little girl sleeps alone peacefully at night now, and I could never make her do that before!"



Souvenir photograph of their perfect week at Craig-y-Parc—the parents with their children and the staff on the course

MUSIC THERAPY CONFERENCE

Over 250 people forsook the beautiful sunshine on Saturday, 30th April, to attend the one day conference on "Music Therapy in the Education of the Child" (held at the Institute of Education, Malet Street). Many had faced the problem, unaided, of teaching music to the handicapped and the conference offered the opportunity to learn about different handicaps and seek advice in open discussion. Two rooms were specially set aside for an exhibition, where members could wander at will between lectures. In one room were displayed children's work, sheet music, books, pamphlets, photos and unpublished papers. In the other were demonstrations of method, recorded performances of music by children, instruments and material used with handicapped children.

Talks on the physically handicapped, the mal-adjusted and the sub-normal child were listened to with great interest and our own Mrs. Lubran, wife of the Headmaster of Irton Hall School, spoke on the cerebral palsied child. The conference was officially opened by Prof. A. V. Judges, B.A., D.Sc., Head of the Department of Education, King's College, and an introduction to music therapy was given by therapist, Miss Nora Gruhn.

Miss Juliette Alvin, who works so tirelessly for her Society, has written a condensed version of the talk she gave at the conference, specially for the SPASTICS NEWS.



Miss Alvin shows her 'cello to a group of interested children.

MUSIC AND THE MENTAL HEALTH

by Juliette Alvin, M.T.R.,
Hon. Secretary:

Society for Music Therapy and Remedial Music

OF

THE HANDICAPPED CHILD

(A contribution to World Mental Health Year, 1960)

I should like to write a few lines on the problems facing deprived children who have the same needs as normal children, but who because of their handicaps, are unable to fulfil these needs. They are disabled in many ways, emotionally, mentally or physically. But whether their disorders are curable or not, the problem common to all handicapped children is the problem of mental health.

It is difficult to give a positive definition of mental health. Perhaps one could say briefly that it is a state of balance between our physical, emotional and intellectual needs and their fulfilment. Mental health depends on our ability to adjust to our environment, to be able to communicate and to express ourselves. We can imagine how difficult it must be for a handicapped child to adjust to his environment. He has to live in a world which is made for normal people. A handicap is a barrier that separates from the normal world and makes difficult communication and self expression, especially for children such as the cerebral palsied who often suffer from multiple handicaps. Many disorders may arise if the child is not able to communicate and to find an emotional outlet. He may become withdrawn, depressed and give up the fight; he may become aggressive and anti-social. We should help

him regain his mental balance, without which he cannot develop.

The treatment, education and rehabilitation of the handicapped child aim at facilitating his fullest development; at making him as normal as possible; at finding substitutes or compensations for the things of which he is deprived. They try to give him means of communication with the world around him and to offer him suitable ways to express himself. They also try to find fields in which he can use and develop his own abilities.

There is a wide and growing interest taken in the remedial education of all types of handicapped children. The Society for Music Therapy and Remedial Music is trying to make music contribute to their treatment, education and rehabilitation.

I have worked myself with all types of handicapped children, physically or mentally handicapped, emotionally disturbed, partially or completely blind. I have found them all exceptionally responsive to music. Music seems to be for many of them a deeply satisfying experience. Perhaps it is because music is essentially an emotional communication, irrespective of age, education or intelligence. It seems to

(Please turn to page 20)

A report on services to persons with cerebral palsy in the United States of America

TOWARD INTEGRATION

by Joan Armitage

INTRODUCTION

THIS is an attempt to share a stimulating and enriching experience with all who have the welfare of persons with cerebral palsy at heart.

It has been my inestimable privilege to spend two years in the United States, visiting many different centres concerned with the education, vocation and welfare of the cerebral palsied.

In September, 1956, I joined the staff of the New York Institute for the Education of the Blind to share in the organisation of a small department for blind children with cerebral palsy. After a valuable year—in which we *learned* the problems of these multiply handicapped children if we did not *solve* them—I began a tour of centres along the west coast from Seattle, in the north, to Los Angeles; in Wichita, Kansas; in Florida; in Atlanta, Georgia and in Chicago. Wherever I sought knowledge in the field of the handicapped, warm hospitality was extended to me and I was given every opportunity to meet and know specialists immediately concerned with Special Education and Rehabilitation. I am greatly indebted to the personnel of many branches of United Cerebral Palsy Associations and the National Society for Crippled Children and Adults. Both are National Health Agencies serving the orthopaedically handicapped. United Cerebral Palsy was formed in 1949 when many separate parent groups joined forces to strengthen their campaign for their cerebral palsied children. The National Society is at least 30 years old and is now devoting a large proportion of its funds, raised through the sale of its Easter Seals, to projects which include services to the cerebral palsied. Directors of Special Education have given of their name unstintingly to arrange visits and to acquaint me with their programmes.

No formal acknowledgement can express my deep sense of gratitude or the warmth of my feeling toward so many energetic, inspired and dedicated people.

This report deals, not with specific data collected over a wide area, but with an underlying principle which has linked my separate experiences and influenced my own outlook as a teacher of children with cerebral palsy.

Toward Integration

"We are seeking from every citizen that our children will be accepted in their dignity as human beings, without regard to any physical abnormality or sub-normality."

This was the plea of Mrs. James Killilea, mother of "Karen", when she addressed United Cerebral Palsy in 1949. It was a plea for integration—the acceptance of the handicapped by non-handicapped society. Now, integration is the aim of many, who, responding to Mrs. Killilea's plea, are providing integrative programmes for children and adults with cerebral palsy.

The aim of this report is to bring to the notice of the reader the general trend towards integration as illustrated through educational and vocational programmes visited in the United States of America.

The child with cerebral palsy rarely fits into established categories for the purposes of his education. His problems, arising from sensory impairment, mental retardation, speech defects, and the combination of any of these with a motor handicap, defy categories. Thus, reference will be made to broad phases of education: pre-elementary, elementary and post-elementary. This terminology, preferred by some educationalists in the United States, successfully relates our different educational systems.

DISCOVERING THE COMMUNITY

Pre-Elementary Schools

Physical, mental and sensory limitations must leave a child "impoverished in the learning experiences." The aim at the pre-elementary level is to study experimental deficiencies in each child, to bring him into first-hand contact with his environment, to develop learning faculties and to work for emotional adjustment in the parents. Ideally, teachers and therapists work together in mutual confidence and consideration for the development of the whole child.

Many of the pre-elementary programmes visited were provided by public education authorities. Of the independent programmes, two were organised and financed by United Cerebral Palsy Associations, one by a Chicago Hospital with a grant from United Cerebral Palsy of Chicago. One was an Easter Seal Agency of the National Society for Crippled Children and Adults and another was the sole project of a local fund-raising group. All were apparently working in accordance with the philosophy outlined above.

The Therapeutic Day Nursery for Cerebral Palsied Children of the Michael Reese Hospital in Chicago does much to prepare each child for its place in family and school. Acceptance of children for the Nursery is based upon intelligence (insofar as that can be assessed), physical ability and parent co-operation. The school programme is effective only as it relates to the child's life at home and contributes to the whole experience of the child. The role of the co-operative parent is all-important. There is every attempt to recognise potential *and* realistic goals for each child. The Medical Social Worker is constantly working with the parents in the interests of each child. The lowest acceptable I.Q. for entry is 60. The minimum in Chicago Public Schools for the Physically Handicapped is 50, and children may stay in the programme until the age of six. It is increasingly evident, however, that a cerebral palsied child of six frequently has not reached the mental age of five which is the pre-requisite for entry to

Public School Kindergarten. A solution may be found in the extension of the Nursery School services to six-year-olds.

Only one child is entered at a time, to allow his adjustment to the group and the group's adjustment to him. The maximum number of children is 14. The staff comprises one teacher with an assistant, one speech therapist, one occupational therapist and one physical therapist. I list the therapists in this order in accordance with a current view that such is the correct order of precedence. It is widely held that communication is vital in relating to the community, that good habits in feeding and grooming are essential to acceptance in society, that the ability to walk, though highly desirable and imperceptibly bound up in parent-pride, is less vital to the integrative process.

The following outline of the day's school programme represents an excellent balance of freedom and discipline. It is easy to relate such a pattern to the home-life of the child and understandable that home co-operation is essential to the effectiveness of the school programme.

- 10.00 a.m. Arrive. Vitamins and crackers. Free play.
- 11.00 a.m. Juice.
- 11.15 a.m. Toileting prior to group work.
- 11.30 a.m. "Circle"—group conversation and activity (the only formal work of the day).
- 12.00 (noon) Lunch. Supervised feeding with every opportunity to self-feed. All staff supervise.
- 12.30 p.m. Prepare for nap. Remove own shoes. Story.
- 1.00 p.m. Lights out for nap.
- 3.00 p.m. Dress. Toilet. Cookies. Self-help emphasised.
- 4.00 p.m. Home. Transport provided—two school buses.

The programme allows time for slow self-help operations and all pressure upon the child is eliminated. The Hospital Clinic offers diagnostic services, home instruction in the therapies, and therapeutic aids through the Illinois State Division of Medical Services.

At the San Francisco Nursery School at Children's Hospital morning sessions only are devoted to education. Afternoons are reserved for Clinics, Seminars, Staff Conferences and home visits.

The Spastic Pre-School and Clinic in Seattle serves 30 children in separate morning and afternoon sessions. This programme is organised by the Spastic Aid Council, which group is most certainly worthy of mention here.

The Council is made up of representatives from 70 Spastic Units. The Units are groups of Seattle women whose sole object is to raise funds for the Pre-School and Clinic. In 1947, the first five groups identified themselves as Spastic Units and thereafter opened a clinic for 12 children who were treated by one Physical Therapist. The Pre-School now serves its 30 children and the Clinic some hundreds of patients.

The Pre-School is one facet of this service. A very comprehensive out-patient service covers a diagnostic procedure carried out by the Clinic staff with respect to new patients and prospective pre-school candidates. The diagnostic staff includes Pediatricians, Orthopaedists, Psychologists, Neuropsychiatrists whenever necessary, and the therapists. Non-acceptable applicants for the School and patients living too great a distance from the Clinic, are offered instruction for home-therapy and supervision from the Clinic Staff. Two Physical Therapists and one Occupational Therapist are paid by the Washington State Department of Health. The Seattle School System provides the Pre-School Teacher and the Speech Therapist.

Outstanding help from 40 to 50 volunteers at the Cerebral Palsy Centre of Bergen County, New Jersey, has effectively engendered community interest. One part-time teacher is assisted by volunteers, most of whom were teachers before marriage. Together they operate a stimulating Nursery School Programme for 48 children. All volunteers are prepared for their work during a short orientation period following their application. The parents of clinic patients and school-children are not accepted for this work. Community interest manifests itself in offers of materials and labour for new building, the donation and care of birds by the Local Audobon Society, and the care of gardens by the Garden Club. Such awareness is vitally important in the interests of community acceptance.

Parents have converted and almost rebuilt the small San Fernando Pre-School Nursery organised by United Cerebral Palsy of Los Angeles County, and they have equipped the out-door play-area. Fathers are responsible for carpentry and repair work. Mothers provide the noon-meal for the group in turn.

Parent Education

Parent Education is a major concern of Special Education Departments and Agencies for the Cerebral Palsied. The Americans' delight in group activities is very often successfully channelled into Parent-Teacher Organisations. Wherever a problem can be solved through a group approach, the parents of American children with cerebral palsy will not be found lacking. This makes the parents more accessible for purpose of education and the solution of family problems resulting from the handicap of one member. Parents of those children who can attend day-school in the immediate community, are more able to benefit from group counselling. Nevertheless, some residential schools are meeting the needs of parents successfully.

The Southern California School for Cerebral Palsied Children at Altadena holds weekly parent education meetings in spite of its being a residential school. Parents of boys attend first and third week-ends in each month, as they are able, and parents of girls on alternate week-ends. Each visiting day, a parent education meeting, of one hour's duration, is led by the school psychiatrist. Over-night accommodation is available to parents who have travelled long distances.

The School's programme is designed to fulfil four purposes. The first—overall evaluation and recommendations for future programmes. The second—the provision of various forms of assistance to parents during a child's enrolment. To quote from the School Information Sheet:—

According to their needs and degrees of receptiveness, parents utilise individual and group counselling to clarify and enlarge their understanding concerned with rearing a cerebral palsied child with his' non-handicapped siblings. Frequent contacts with the School's consulting specialists in cerebral palsy, the pediatrician, psychologist and medical social worker, are available to parents . . . The respite from the daily physical care of the cerebral palsied child and from some of the financial obligations involved in rearing the child, contribute in the lessening of some of the pressures, enabling the parents to review their plans for their child . . . Since parents continue to seek counsel from the staff months and years after their child has been discharged, it seems apparent that the service is needed.

In their striving to establish wholesome family relationships, the staff of this school are most surely laying foundations for healthy integration with the wider community.

The State of Illinois has similar aims in its organisation of an Annual Institute for Parents of Young Orthopaedically Handicapped Children. Parents gather in Chicago from distant parts of the State. The aim, as the organisers describe it, is to assist parents to understand and accept the problems encountered in helping their children to become happy, contributing members of society. There is no entrance fee and board and meals are financed by the State. Parents and their children live together in the Hospital-School. The permanent staff of the school supervise children while parents attend meetings.

There is growing awareness among parents that their children must develop into out-going, acceptable members of the community. In this connection it is interesting to note a question submitted to the panel at a P.T.A. meeting held at the Cerebral Palsy School-Clinic of Atlanta:—

In preparing a severely limited child for a place in society, which of the following should be emphasised? Manipulation, Communication, Ambulation, Socialisation, Intellectual development?

Day schools meet the need of parents in a variety of ways. At the Theodore Roosevelt School in Pasadena, California, the first report of each student is given in the form of a parent interview. The parents of students at the Forest Park School in Orlando, Florida are *required* to attend study groups. Spalding School in Chicago is frequently in touch with parents and individual parents of problem children can be invited to staff meetings where the child's problem in relation to parent problems is being discussed. In-service training provides opportunities for parents to attend in groups for whole school days during which there are opportunities for talks with therapists and teachers.

The work of the schools in this direction is supplemented by that of agencies such as United Cerebral Palsy—who provide counselling for parents of nursery school children—

BIOGRAPHICAL NOTES

JOAN ARMITAGE is a teacher at the Thomas Delarue School. For the past 15 months she has been responsible for teaching art and general subjects to the pupils of a modern school form.

A native of Yorkshire, Leeds College of Art was her natural choice for the University where she trained as an art teacher and in 1950 she entered Special Education, being appointed to the staff of Tullyallan Open Air School, Darwen. Four years later, she started working with spastics when she joined the new Holly Bank School for spastics in Huddersfield.

It was not long, however, before the work really began to exercise its influence over her, and, in 1956, she left for the United States to work and study in the field of cerebral palsy. She became Director, and helped establish, the Dept. for Blind Cerebral Palsied Children at the New York Institute for the Education of the Blind. In 1958 she toured the States, visiting all types of programmes for C.P.s.

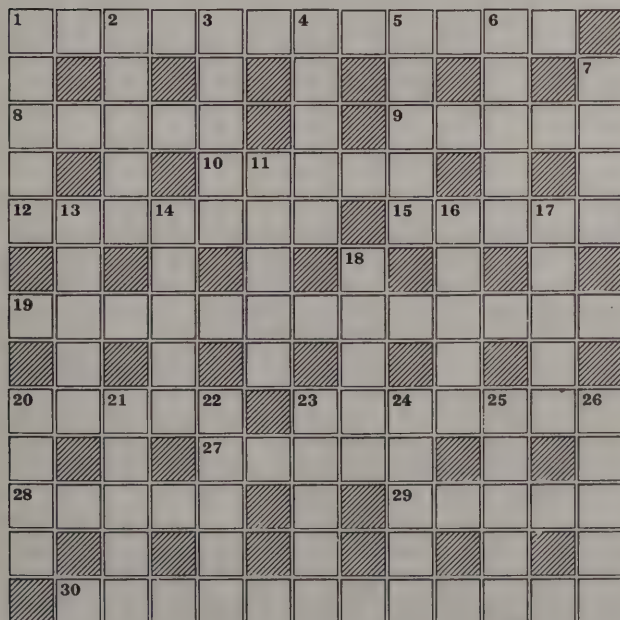
Joan Armitage brought back to England a new enthusiasm to deal with learning difficulties springing from brain injury, and a strong faith in the possibilities of social integration of the cerebral palsied; as well as a desire to return to more specialist art teaching. These new energies were soon well channelled when, in January 1959, she took up her present position with the National Spastics Society.

and the Parent Programme of the Crippled Children's Society. These frequently offer the services of a Medical Social Worker and other professional workers in the field.

Most impressive was the concern for the family group, based upon the conviction that the problem of cerebral palsy is manifest in every member of the handicapped child's family. Healthy community attitudes are born of understanding family relationships.

(To be continued)

CROSSWORD PUZZLE



ACROSS

1. A rum kind of bravery to be sure! 5, 7.
8. Doubtless pressing engagements occupy most of his time, 5.
9. It came black from the pen of R.L.S., 5.
10. Finally put me right, 5.
12. Half a doublet? 7.
15. Subject of much understatement by the fair sex, 5.
19. The key to that little extra writing room, 6, 7.
20. Transactions to secure hands, 5.
23. "... is such sweet sorrow; 'Romeo & Juliet' ", 7.
27. Herein, long ago, lions absorbed Christianity, 5.
28. Yet a wrong arrangement of 26, 5.
29. Of them—no more need be said, 5.
30. Does it explain bi-lingual brilliance? 6, 6.

DOWN

1. Dens of fabulous wealth, 5.
2. Not quite all of a claw, 5.
3. Warm the Spanish tavern, 5.
4. A group at the limit of sobriety? 5.
5. Willing to be punctual perhaps, 5.
6. At least she sounds constructive! 5.
7. Admits out of the snow, 4.
11. Wherewithal, 5.
13. Idol remarked by Father Time maybe, 5.
14. Go over a fallen log like a Russian author, 5.
16. Put up quite unlike the tower at Pisa, 5.
17. Gummy in the matter of transgression? 5.
18. Nowadays the chair has four wheels, 5.
20. Stopgap expletive, 4.
21. Range around in rage, 5.
22. Material of no standing? 5.
23. Another fruit inseparable from a date, 5.
24. Renegade X? 5.
25. Ancient Britons frozen up in the end, 5.
26. A band of horses as it were, 5.

CHIT-CHAT

FROM PRESTED HALL

by Terry Doo

(Terry Doo, a severely handicapped athetoid, has been at Prested Hall since the Centre opened in January 1955. Although he has never been to school and cannot speak very well, he has written this article for the SPASTICS NEWS.)

WHEN I first came to Prested Hall, it was not without some misgivings—both for me and my mother. It was the first time I had ever been away from home—one of my parents, if not both of them, not having ever left me for one single night of my 26 years. My mother and I were anxiously wondering what the future might bring, when we had parted for the very first time in our lives.

For the first month there was no occupational therapy here. Then at the beginning of the following month, a Mr. Robert Kirkby came. He had been asked to come down here to give us some training in doing handicrafts, etc., for when we would be working in the workshops. He himself was crippled with rheumatoid arthritis, and he also had a wife who was spastic. Someone had the bright idea of training us to make lampshades, and a nearby factory was kind enough to send two girls down to assist in training us for such work. Our working conditions were far from satisfactory though. The workshops had not been built, and we were forced to work in . . . the dining hall! This meant we couldn't start work until meals had been cleared away, only to have to clear away in time to prepare for the next one. For myself, I was only too glad that this should be, for I couldn't manage to stitch the shades to the light frames no matter how hard I tried, and my working hours were only a nightmare to me.

In the end, the lampshade venture proved a failure—the factory were making them for said our rate of production was too slow, and they withdrew their orders. And so it came about that the powers-that-be had the headache of finding us suitable employment once more.

After some time we managed to get the services of a visiting occupational therapist, who came in for two hours a week. She started us doing various forms of occupational therapy, and we were once again working from nine o'clock in the morning till half-past four in the afternoon. I tried weaving myself, but I had no better success with this than I had with

the lampshades. The looms have to be of a certain tightness before you can weave, but there was nobody to tell me this, or to do it for me, and so I only got into worse and worse muddles. Finally, the Warden happened to see me one afternoon and I was in such despair that he said I need not struggle with it any longer, and so it was that I returned to my first instrument of occupational therapy—the typewriter.

At this time the workshops still had not been built, and our "work-shop" was the sun-lounge.

It wasn't until September that the workshops opened, and we got our first occupational therapist. Work was then started in earnest. In view of my earlier failures at lampshades and weaving, I was very worried at what the future held for me, but with the patience and kindness of our first occupational therapist, I was soon able to weave reasonably well, and I have been working on the loom ever since.

I am a 'bus enthusiast, and my favourite form of literature is a 'bus timetable! My home is in London, and I am interested in the various types of buses operated by the London Transport. I used to be able to tell the type of a certain 'bus coming up behind me without even looking at it, just by the sound of its engine. But my interest in 'buses is not just confined to London; I have timetables from all over the country. My father used to say to my mother that they had better move out of our house to make room for my timetables. I used to spend hours and hours writing out copies of 'bus timetables on my typewriter.

I am also an enthusiastic draughts-player. My father used to take me into the recreation ground near my home where there was a large draughts board laid out on the ground, and the pieces were moved about by long poles with hooks on the end. I became interested in the game, and my father started playing me on the small board at home. I became so good that he made a small board to fix on the front of my invalid's chair so that when he took me in the recreation ground I could play some of the "experts" in there. But this had the disadvantage of flying into the air when I took a spasm . . . frequently upsetting an interesting position which held the attention of all onlookers! So then my father started giving me games on the big board, with him moving the pieces and me telling him the numbers of the squares I wanted them moved to. At home, I used to spend hours with the draughts-board beside my typewriter, making up and typing out my own variations on the game. In the end I had made a file of well over 200 pages. Now I am at Prested Hall I play by post.

MUSIC AND MENTAL HEALTH

(Continued from page 16)

bridge the gap between the child and the world round him, which is to him, physically and mentally, so often remote and inaccessible.

Music is also a means of communication for the child himself, and at any level of physical or mental ability. When he makes music, he expresses himself and can even find in this activity success and self-confidence. Music-making can also break down the wall of his loneliness and give him an occasion to integrate socially. I have noticed that music can be a harmonising and beneficial force, of which the child is often conscious himself. I should like to give two examples from my concerts for handicapped children.

First, I should like to quote from a report written last week by the head of a special school where I worked for one term in 1958:

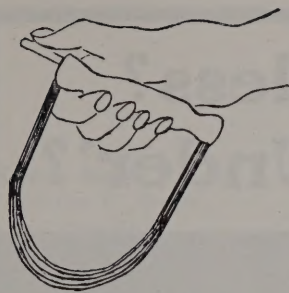
"One of the most striking incidents during the series of concerts concerned a little spastic girl called Mary. For nine months we had no response from her, but she was attracted by the 'cello and gradually came to life! Today she is one of the naughtiest children in the school, in a pleasant way, and now enjoys life very much indeed. She is still very 'responsive to music'. It seems that music had been a link between her and the world.

In an Occupation Centre where I was playing, for the first time, to a group of about 30 children, a loud voice coming from a small child burst out during a silence "It is smashing, I want more!" and all of them asked for "more."

Music is a gift which we can offer to our children in need. Through it, and at their own level of physical ability and mental achievement, they can find an emotional outlet, activities which give purpose and interest to their lives, and contact with one of the finest experiences in life. This is indeed a contribution to their mental health and to their happiness,

NEW BOOKLET

GADGET LEAFLETS



One-handed Pastry Mixer

AN extremely useful booklet entitled "Gadget Leaflets" has just been produced by the National Association for the Paralysed. It is composed of eleven different leaflets, each giving explicit descriptions and drawings of various aids to the handicapped.

The range is very comprehensive and covers aids to lifting, dressing—for both men and women—aids in the bathroom and toilet and aids to eating and drinking. There are also descriptions of gadgets for domestic work and a leaflet on the planning and adaptation of living accommodation. Finally information on the many aids to mobility and transport. The latter includes special motor cars, pedal cycles and tricycles.

"Gadget Leaflets" can be obtained from the National Association for the Paralysed, 1 York Street, Baker Street, London, W.1.

In their introduction to this booklet the N.A.P. state:

The object of these leaflets is to give information about various aids, appliances and gadgets, already manufactured in this country or easily made, which can help to overcome the everyday problems of disabled people. They also include hints and suggestions as to methods by which other difficulties can be defeated.

It is very important to realise that this information is planned to *overcome* problems and difficulties. It is *not* designed to help people to be lazy or by means of a gadget to stop making the effort, taking the exercise, or using the muscle, which is good for their health. It is *essential* that before a decision is made to make use of a particular idea it should be discussed with a doctor or with a hospital specialist. N.A.P. wants to make it clear that *no* aids, appliance or gadget included in the leaflets is specially recommended. Medical or technical advice as to what is best for a particular disability and circumstances is essential.

Supply of Aids

Most aids may either be supplied or lent in cases of need in one or more of the following ways:—

- By the recommendation of a hospital consultant.
- On prescription by a general practitioner.
- By a Local Authority Health or Welfare Department.
- By the British Red Cross Society or a local Voluntary Organisation.

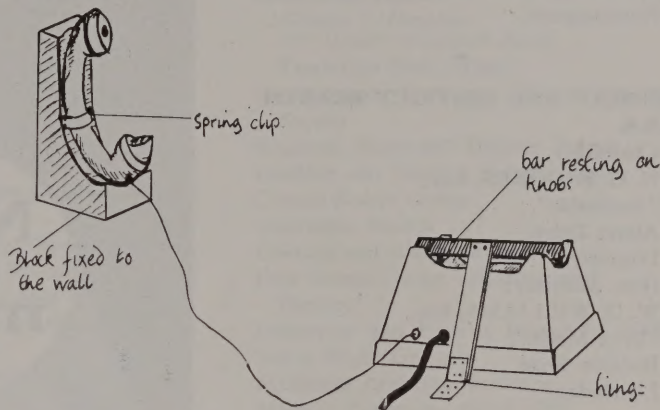
N.A.P. will give information about local services to the physically handicapped in a particular area. Prices mentioned are the most recent available and are quoted as a guide to cost only.

Acknowledgements

It is impossible to acknowledge by name the many people who have contributed towards the compilation of these leaflets and who have made their ideas available with the single

intention of helping the disabled. Information has come from many sources, from the Physical Medicine Departments of hospitals, from O.T. Departments, from those who have cared for the disabled, and from the disabled themselves. N.A.P. is indebted to them all, and especially to those doctors, occupational therapists, physiotherapists and organisations who have given specialist advice.

The gadgets shown below, as well as the pastry mixer on the left, are just a few of the numerous aids described in the leaflet. Many would be found useful by the non-handicapped housewife.



Telephone Rest

Home made telephone rest for those with little strength in arms or shoulders. The receiver is clipped into a spring bracket fixed to the wall at a convenient height for the disabled person. A bar weight, fixed to a hinged stand, is substituted for the receiver rest which enables the user to depress or release the knobs with very little effort.

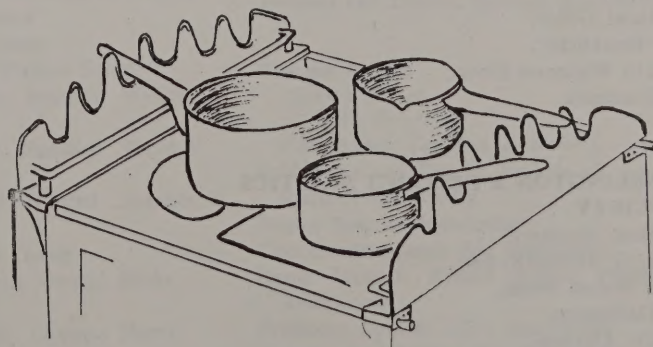


Mixing Bowl Holder

A Universal Mixing Bowl Holder made by Remploy Ltd., is fitted with four rubber suction caps. On smooth surfaces the rubber suction pads fitted to the underside prevent slipping. Thus various sized bowls, held at any angle, can be accommodated with safety.

Cooker Safeguard

A valuable safeguard to the disabled housewife is made in various sizes which prevents pots and frying pans from being tipped over. This safeguard is made by Crayleigh Safeguard Products Ltd., 66-68 Commercial Street, London, E.1.



Group Alterations

Change of Address: NORTHAMPTON AND COUNTY BRANCH N.S.S.

Hon. Secretary:
P. M. FARRELL, Esq.,
17 Tiverton Avenue,
Harborough Road North,
Northampton.

★

CONWAY AND DISTRICT BRANCH N.S.S.

Chairman:
N. H. BROOKES, Esq.,
"Ambleside",
Albert Drive,
Deganwy.
Hon. Secretary:
W. D. WILLIAMS, Esq.,
"Bryn Melyn",
Bodafon Road,
Llandudno.

★

N.S.S.

Sheltered Workshop Organiser:
COLONEL J. C. JEFFERSON, O.B.E.,
17 Suffolk House (First floor),
Suffolk Street,
Birmingham, 1.

★

CARDIFF AND DISTRICT SPASTIC ASSOCIATION

Chairman:
T. W. E. THOMAS, Esq.,
"Crossways",
Fairwater Road,
Llandaff,
Cardiff.
Secretary's temporary office:
10 Partridge Road,
Routh,
Cardiff.

★

BLACKPOOL AND FYLDE SPASTICS GROUP

Head Office:
"Beechfield",
216 Whitegate Drive,
Blackpool.

★

DARLINGTON & DISTRICT SPASTICS SOCIETY

Hon. Secretary:
J. G. SINGER, Esq.,
3 Maude Street,
Darlington,
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'Aspro's so safe—I can take it every day, twice a day or more often if I need it and it always makes me feel better. We've always had 'Aspro' in our house for all our aches and pains—colds and 'flu and headaches and Dad's rheumatism. I think 'Aspro's wonderful'.

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New Local Group: WALTHAMSTOW AND DISTRICT SPASTICS SOCIETY

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Vice-Chairman: W. Gonever, Esq.
Joint Treasurers: W. Joslin, Esq. and
T. Eddie, Esq.
Secretary: Mrs. E. E. Brett, 16 Lynmouth
Road, Walthamstow, E.17.
The Walthamstow area was previously
covered by the East London Spastics
Society.

N.S.S. Regions

Disposition of the Groups

Eastern Region

(Harry G. Knight,
58 Park Road,
Peterborough,
Northants).

Chesterfield and District Spastics Society
Corby and District Branch
Derby and District Branch of NSS
Grimsby, Cleethorpes and District Spastics Society
Ipswich Branch
Leicester and Leicestershire Spastics Society
Lincoln Branch
Mansfield and District Friends of Spastics Group
Norfolk and Norwich Spastic Association
Northampton and County Branch
Nottingham Friends of Spastics Group
(Sub-Committee of Nottingham District Cripples Guild)
Peterborough and District Group
Scunthorpe and District Spastic Society
Stamford Branch

Midland Region

(Officer to be appointed in 1960)

Cannock Chase Spastic Association
Coventry and District Spastics Society
Dudley and District Spastic Group
Ludlow and District Spastics Society
North Staffordshire Spastic Association
Shrewsbury and District Spastics Group
Stafford and District Spastics Association
Worcester and District Branch

North Region

(Roland J. F. Whyte
N.S.S. Trevelyan Chambers,
7 Boar Lane, Leeds, 1).

Barnsley and District Association
Birkenhead Spastic Children's Society
Blackburn and District Group
Blackpool and Fylde Spastic Group
Bollington, Macclesfield and District Clinic for Spastic Children
Bolton and District Group
Bradford and District Branch
Castleford Spastics Group
Chester and District Spastics Association
Crewe and District Spastics Society
Crosby and District Spastics Society
Cumberland, Westmorland and Furness Spastics Society
Darlington and District Spastics Society
Dewsbury and District Spastics Society
Furness and District Spastic and Handicapped Children's Society
Goole and District Spastics Association
Halifax and District Spastic Group
Hull Group, The Friends of the Spastics Society in Hull and District

Lancaster, Morecambe and District Group
Leeds and District Spastics Society
Oldham and District Spastic Society
Pontefract and District Spastics Society
Preston and District Group
Rawmarsh and Parkgate Spastics Society
Rossendale Spastic Group
Sale, Altrincham and District Spastics Society
Sheffield and District Spastics Society
Southport, Formby and District Spastics Society
Stockport, East Cheshire and High Peak Spastics Society
Sunderland and District Spastics Society
Tees-side Parents and Friends of Spastics
Urmston and District Group
Warrington and District Group for the Welfare of Spastics
Widnes Spastic Fellowship Group
York and District Spastics Group

Northern Home Counties Region

(Robert C. Lemarie,
Woodlands,
1 Melbourne Road, Bushey, Herts).

Bedford and District Branch of NSS
Bishop's Stortford Group, Herts Spastics Society
Central Middlesex Spastics Welfare Society
Clacton and District Group
Colchester and District Group
East Herts Group, Herts Spastics Society
East London Spastic Society
Epping Forest and District Branch of NSS
Essex Group
Harlow and District Branch
Hatfield Group, Herts Spastics Society
Hemel Hempstead Group, Herts Spastics Society
Hitchin and District Friends of Spastics
Ilford and District Spastics Association
Luton and District Spastics Group
Maidenhead Friends of Spastics Group
North London Area Association of Parents and Friends of Spastics
North-West London Group
Oxfordshire Spastics Welfare Society
Reading and District Spastics Welfare Society
Slough and District Spastics Welfare Society
Southend-on-Sea and District Spastics Society
South-West Middlesex Group
St. Albans and District Group, Herts Spastics Society
Watford and District Group, Herts Spastics Society

Welwyn Garden City and District Group,
Herts Spastics Society
Wycombe and District Spastics Society

South-East Region

(Simon T. Langley
137 Upper Grosvenor Road,
Tunbridge Wells, Kent).

Bournemouth, Poole and District Spastic Society
Brighton, Hove and District Branch
Bromley and District Spastics Group
Central Surrey Group
Chichester Branch
Croydon and District Branch
East Sussex Group (Hastings and District)
Folkestone and District Branch of NSS
Isle of Wight Group
Maidstone Area Spastic Group
Medway Towns Branch of NSS
North Hants and West Surrey Group
North Surrey Group (Kingston)
North-West Kent Spastic Group
North-West Surrey Group
Portsmouth and District Spastic Society
Southampton and District Spastics Association
South-East London Group
South-East Surrey (Redhill) Spastics Group
South London Group
South-West London and District Group
South-West Surrey Group
Thanet Group
Tunbridge Wells Area Group

Welsh Region (including Mon.)

(Officer to be appointed in 1960)
Cardiff and District Spastics Association
Colwyn Bay and District Spastics Society
Conway and District Branch of NSS
Kenfig Hill and District Spastics Society
Merthyr Tydfil and District Spastics Society
Pontypridd and District Group of NSS
Swansea and District Spastics Association

Western Region

(John J. Walsh
St. John House,
Park Street, Taunton, Somerset).

Bridgwater and District Friends of Spastics Association
Bristol Spastics Association
Cheltenham Spastic Aid Association
Dame Hannah Rogers School Parents Association
Plymouth Spastic (CP) Association
Swindon and District Spastic Society

THE ARUNDEL HOTEL

NATIONAL SPASTICS SOCIETY

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SUMMER

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Children, up to age of 16 4 guineas

WINTER

Adults - - - 5 to 6 guineas
Children, up to age of 16 3 guineas

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NEAR SHOPS

*

5 mins RLY. STN.

*

ON SEA FRONT

*

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*

TAXIS AT STN.

•

NOTE:

*Special rate
for long term
periods*

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